9.20
9.20s

Low Impact
Treadmill

Owner's Manual
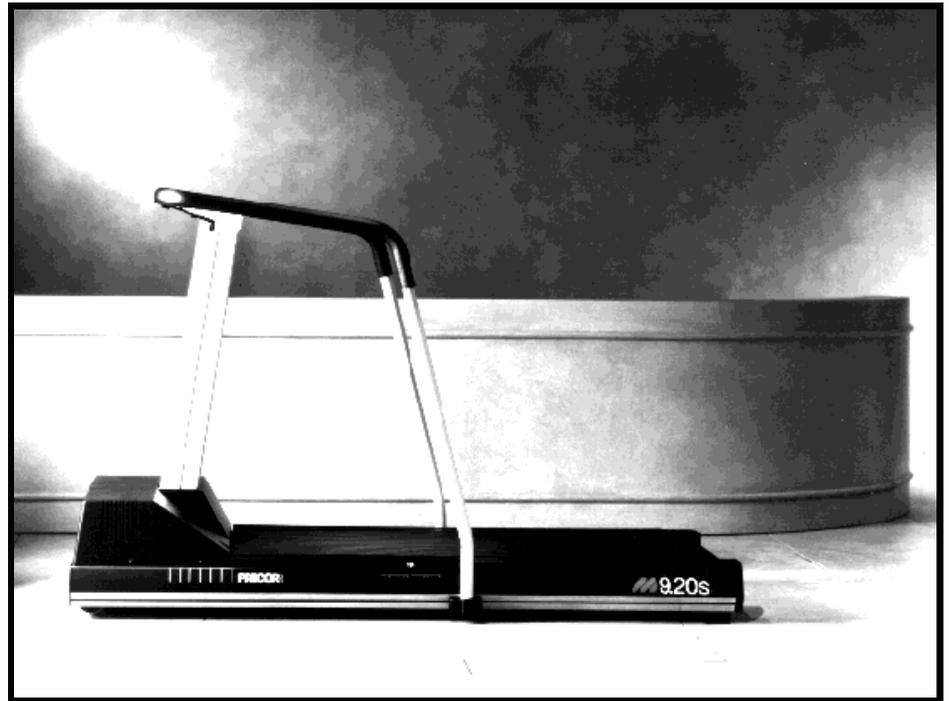
PRECOR® USA

Safety Information—Save These Instructions

Before beginning any fitness program, you should have a complete physical examination by your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

When using an electrical appliance, basic precautions should always be taken, including the following:

- Read, observe, and follow all instructions in this owner's manual when using the M9.20 or M9.20s Low Impact Treadmill. These instructions were written to ensure your safety and to protect the treadmill.

Prevent Electrical Shock

DANGER

To reduce the risk of electrical shock always unplug the M9.20 or M9.20s Low Impact Treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

Connect the M9.20 or M9.20s to a properly grounded outlet. For more information, refer to *Grounding Instructions*. To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- The M9.20 or M9.20s treadmill should never be left unattended when plugged in. Unplug the treadmill from the outlet when it is not in use, and before putting on or taking off parts.

- Do not allow children on or near the M9.20 or M9.20s treadmill without adult supervision. Do not leave children unsupervised around the treadmill.

- Use the M9.20 or M9.20s treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.

- Check the M9.20 or M9.20s treadmill before each use. Completely assemble the treadmill before using it. Do not use the treadmill if the cord or plug is damaged. Do not continue to operate the treadmill when it is not working properly. Never operate the M9.20 or M9.20s treadmill if it has been dropped, damaged, immersed in water or sprayed with water. Return the M9.20 or M9.20s treadmill to a service center for examination and repair.

- Turn OFF and unplug the treadmill when adjusting or working near the rear

roller. Do not make any adjustments to the running belt when someone is standing on the machine.

- Keep the power cord away from heated surfaces.

- Never drop or insert any object into any opening. Keep hands away from moving parts.

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- Keep all electrical components, such as the motor, power cable, and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the treadmill.

- Do not use outdoors.

- To disconnect, turn all controls to the OFF position, then remove the power plug from the wall outlet.

Personal Safety

- Always attach the safety clip to your clothing prior to beginning your workout. The safety clip is connected by a cord to the magnetic safety key on the electronic console. If you encounter difficulties, you can pull on the cord and disengage the magnetic safety key from the ACTIVATE position. This process trips a circuit breaker which turns OFF the treadmill and stops the running belt.

- Assemble and operate the M9.20 or M9.20s treadmill on a solid, level surface. Locate the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.

- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.

- Keep all loose clothing and towels away from the treadmill running surface. A treadmill running belt will not stop immediately if an object becomes caught in the belt or rollers.

- Use care when getting on or off the M9.20 or M9.20s treadmill. Use the handrails whenever possible. Do not get on or off the treadmill when the running belt is moving.

- Before the running belt begins moving, straddle the belt by placing your feet firmly on the right or left side platforms. You should also step onto the side platforms after turning OFF the running belt.

- Never turn ON the treadmill when someone is standing on the machine.

- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the running belt is moving.

- Do not rock the unit. Do not stand or climb on the handrails, electronic console, or hood.

- Do not attempt to service the M9.20 or M9.20s treadmill yourself other than the assembly and maintenance instructions found in this manual. See *Obtaining Service* in the maintenance section of this manual.

- Do not overexert yourself or work to exhaustion.

- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician

Precor treadmills are designed for the enjoyment of the serious runner as well as the dedicated walker. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor treadmill.

FCC Information

The M9.20 and M9.20s treadmills are currently being tested and we are confident that they will comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The M9.20 or M9.20s treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the M9.20 or M9.20s treadmill does cause harmful interference to radio or television reception, which can be determined by turning the M9.20 or M9.20s treadmill OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.

- Increase the separation between the M9.20 or M9.20s treadmill and the receiver (TV, radio, etc.).

- Connect the M9.20 or M9.20s treadmill into a different power outlet—on a circuit different from the one used by the receiver (TV, radio, etc.).

- Consult your dealer or an experienced radio/TV technician for help.

Grounding Instructions

The M9.20 or M9.20s Low Impact Treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceperson if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified technician.

The treadmill is for use on a nominal 120-volt circuit (refer to the WARNING below and to the *Installation Requirements* on page 4) and has a grounding plug that looks like the plug illustrated in Diagram A. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. No adapter should be used to connect the treadmill to a power outlet or power transformer. If the treadmill must be reconnected for use on a different type of electrical circuit, the reconnection should be made by qualified service personnel.

Diagram A   *Proper grounding plug and power outlet for 120v connection*
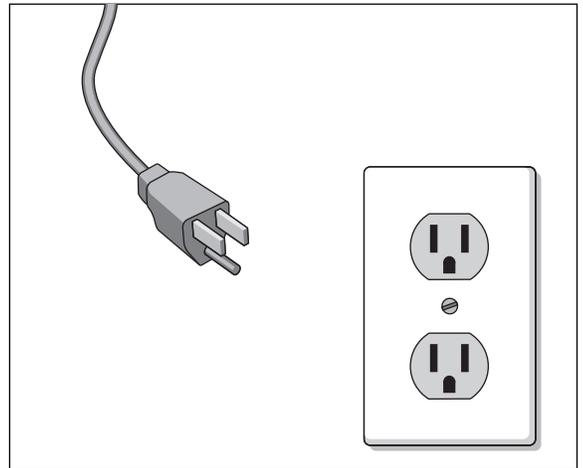
WARNING

This product is for use on a circuit (1) rated for more than 15 amps and is for use on a circuit having a nominal rating of 120 volts or (2) having a nominal rating of more than 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

ATTENTION: Haute Tension

Débranchez avant de réparer.

Safety Information—Save These Instructions

1

Before You Begin

Thank you for purchasing one of the most technologically advanced electronic treadmills available: the M9.20 and M9.20s Low Impact Treadmills. These treadmills feature two of the most sophisticated and beneficial technologies Precor has ever created: *Ground Effects Low Impact System* and *Integrated Footplant Technology*. Both are true breakthroughs in technology.

Ground Effects allows the treadmill running bed to "float" on specially formulated elastomeric springs, which cushion impact and control lateral motion without diminishing the bed's lively, responsive feel. Because it's fully suspended, the bed provides optimum shock absorption anywhere your feet land, not just in the center of the running area.

Integrated Footplant Technology (IFT) is a microprocessor-regulated motor control system. This patented technology collects motor and belt speed data, using it to monitor your workout and enhance your safety and comfort. It replicates the natural walking and running motion of your feet. By allowing slight, natural speed variations throughout your stride, Precor treadmills reduce shock and pounding to your body.

The M9.20 Low Impact Treadmill offers an easy-to-understand electronic console that gives motivating feedback about your workout. Professionally designed exercise options incorporate the latest in exercise science. Three different modes enhance your workout capabilities: **Manual**, **Interval, and Weight Loss**.

The M9.20s combines all the benefits of the M9.20 and provides an additional feature: **Program** mode. Ten factory-programmed courses provide variety to help motivate you during your workout.

The M9.20 and M9.20s Low Impact Treadmills have many unique features which set them apart from conventional treadmills. To maximize your use of the M9.20 and M9.20s treadmills, please study this guide thoroughly.

About this Manual

This manual explains how to assemble, use, and maintain the M9.20 and M9.20s (hereafter titled, M9.20/s) Low Impact Treadmills. The following conventions are used in this manual:

"Note:" Contains additional information that applies to the preceding text.

"Important:" Indicates information to which you should pay special attention.

"CAUTION:" Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

"WARNING:" Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself or others.

**"DANGER:" Indicates steps you must take to prevent electrical shock.**

Unpacking the M9.20 or M9.20s Treadmill

The M9.20 or M9.20s treadmill is carefully tested and inspected before shipment. Precor ships the unit in six pieces as listed below:

- running bed assembly

- lift column assembly

- electronic console display

- handrails

- lift column trim

- owner's manual, limited warranty card, and hardware kit (The hardware kit is shown in Diagram 1.)

CAUTION: This unit weighs over 160 pounds. To avoid injury and to ensure the safety of the unit and yourself, get adequate assistance before dropping the sidewalls of the box and sliding the running bed assembly out of the box. Do not lift the running bed from the box.

Carefully unpack the pieces of the treadmill and lay them on the floor near the location where you plan to use the treadmill. At this time, do not cut the cable tie that runs through the elevation tube and the lift column. The elevation tube is calibrated at the factory and the plastic cable tie prevents excessive movement during shipment.

Diagram 1   *Hardware kit*
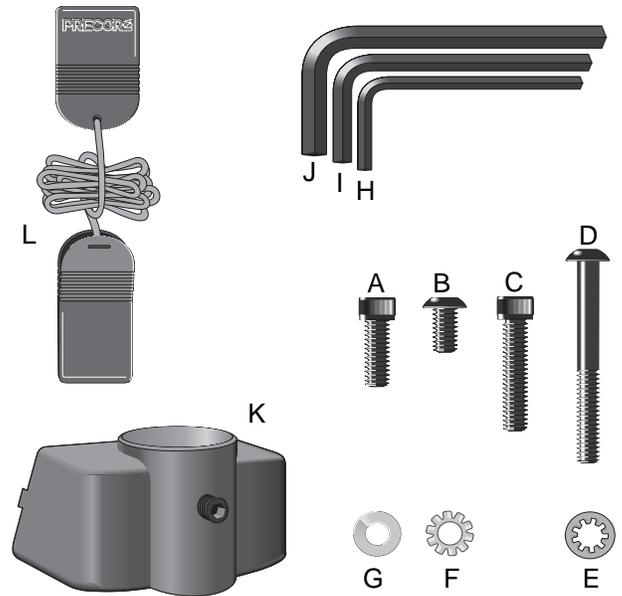
After unpacking the treadmill, open the hardware kit (refer to Diagram 1) and make sure that you have the following items:

☐ (A) five frame-to-base plate bolts

☐ (B) four bolts–upper handrail clamp

☐ (C) three upper handrail clamp screws

☐ (D) two lower handrail clamp screws

☐ (E) two internal star washers

☐ (F) two external star washers

☐ (G) five split lock washers

☐ (H) one 5/32" hex key—upper and lower handrail clamp

☐ (I) one 3/16" hex key—frame-to-base bolts

☐ (J) one 1/4" hex key—belt tracking and tension adjustment

☐ (K) two lower handrail clamps

☐ (L) one magnetic safety key

If any items are missing, contact the dealer from whom you purchased the treadmill, or call 1-800-4-PRECOR for the dealer nearest you.

Important: The packaging for this equipment was designed to protect it during shipment. If you plan on moving in the near future, please store the original packaging in a safe place.

2

Setting Up the M9.20/s Low Impact Treadmill

You do not need any special knowledge or experience to set up a M9.20 or M9.20s Low Impact Treadmill. However, you must review and follow the instructions in this manual. If you do not assemble and use the treadmill according to the following guidelines, you could void the Precor limited warranty.

Note: Throughout this manual reference is made to the M9.20/s. The M9.20/s designation indicates that the information you are reading applies to both the M9.20s and the M9.20 treadmills.

Installation Requirements

Follow these installation requirements when installing the treadmill:

- **Fill out and mail the limited warranty card.** The serial number is printed on a label located underneath the treadmill on the left, rear corner of the running bed. The best time to locate and write the serial number onto the limited warranty card and in this manual is while the treadmill is on its side during the assembly process. Refer to *Obtaining Service*, page 33.

- **Set up the M9.20/s treadmill on a solid, flat surface.** Do not install the treadmill on deeply padded, plush, or shag carpeting due to possible damage to the carpet and machine. If the treadmill is installed in a carpeted area, place a piece of heavy cardboard, plywood, or other solid, smooth, flat surface under the unit to protect the carpet and treadmill. If the floor is not even, the running belt will not track properly. Refer to *Checking the Alignment of the Running Belt,* page 11.

- **Locate the treadmill at least 4 feet from walls and furniture.** Be sure to provide ample space in front of the machine to allow easy access to the ON/OFF switch. Open space to the sides and back of the machine makes for a safer mount and dismount and easier belt adjustment.

- **Use a standard 120-volt household outlet.** Precor recommends that you plug the treadmill into an outlet with a dedicated 20 amp house circuit breaker. The treadmill is equipped with a 20 amp circuit breaker to protect the electrical and electronic components from sustained overloads, and an integral 3-prong grounded plug to provide for your safety and to protect the machine.

CAUTION: Do not remove or otherwise bypass the 3-prong plug with an adapter or extension cord in order to use a non-grounded outlet. Electrical damage can occur if the treadmill is connected to an improper power source.

Assembly Instructions

To assist you in the assembly of the treadmill, the items in the hardware kit shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1 while performing the steps below.

To assemble the M9.20/s treadmill, take the following steps:

1. Locate the power switch at the front of the treadmill. Make sure that the power switch is in the OFF position and that the treadmill's power cord is unplugged. Do not assemble the M9.20/s treadmill if it is plugged in.

    CAUTION: Do not try to assemble the treadmill by yourself. Because of the weight of the treadmill and its parts, get additional help from other people before performing the following steps.

Diagram 2	*Install lift column*

Hood
Crossbeam
Elevation tube
Lift column
Crossbar

Base plate
Ribbon cable
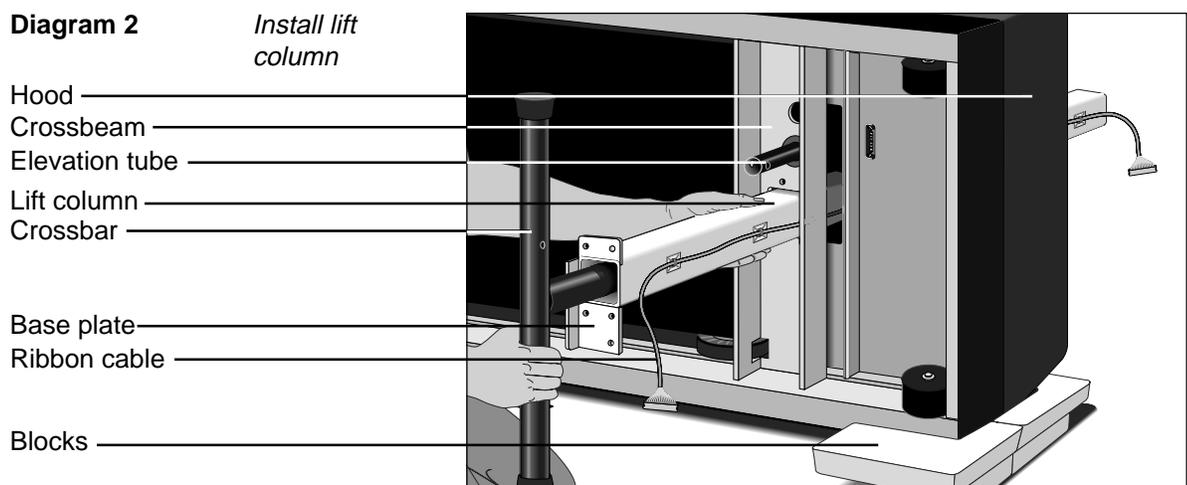
Blocks

2. Obtain appropriate assistance to lay the treadmill on its left-hand side. Placing the foam blocks on the hood of the treadmill, as shown in Diagram 2, helps elevate the treadmill and keep pressure off the hood and side rail during assembly. Due to the rounded corners on the side rail, one assistant will need to balance the treadmill on its side, while another assistant helps you install the lift column assembly.

    Note: Right and left are determined while standing to the rear of the treadmill facing toward the hood.

3. Pick up and rotate the lift column assembly so that the crossbar is at a 90 degree angle to the base of the treadmill and the hole inside the crossbar is on the same side as the elevation tube. If necessary, remove the lower cable connector from the hole inside the crossbar.

4. Slide the crossbar a few inches out of the lift column. Insert the top of the lift column assembly into the crossbeam. Push the lift column through until the base plate is flush with the crossbeam. Have your assistant support the far end of the lift column.

5. Align the five holes in the lift column assembly base with the five holes in the crossbeam. While your assistant holds the lift column assembly firmly in place, put a split lock washer (G) on each of the five frame-to-base plate bolts (A). Insert the bolts into the five holes and finger-tighten.

6. Using the hex key (I) provided, begin to tighten the five bolts. Alternate between each one, until the base plate is snug up against the crossbeam. Do not overtighten the bolts.

7. Clip the tie wrap holding the clevis pin in the elevation tube. Remove the clevis and hitch pins. Due to the sensitivity of the lift calibration, do not rotate the elevation tube more than 90 degrees in either direction.

8. Carefully align the mounting holes on the crossbar and elevation tube and slide the elevation tube into the crossbar. Insert the clevis pin (head of the clevis pin should be toward the rear of the treadmill) through both holes and re-attach the hitch pin.

   Note: The lift is elevated to a 1 percent incline for ease of assembly. The functioning and accuracy of your lift mechanism depends on properly installing the clevis and hitch pins.

Diagram 3 *Plug connector into lower board*

Ribbon cable connector

Frame-to-base plate bolts
Base plate
Motor chassis

Crossbeam
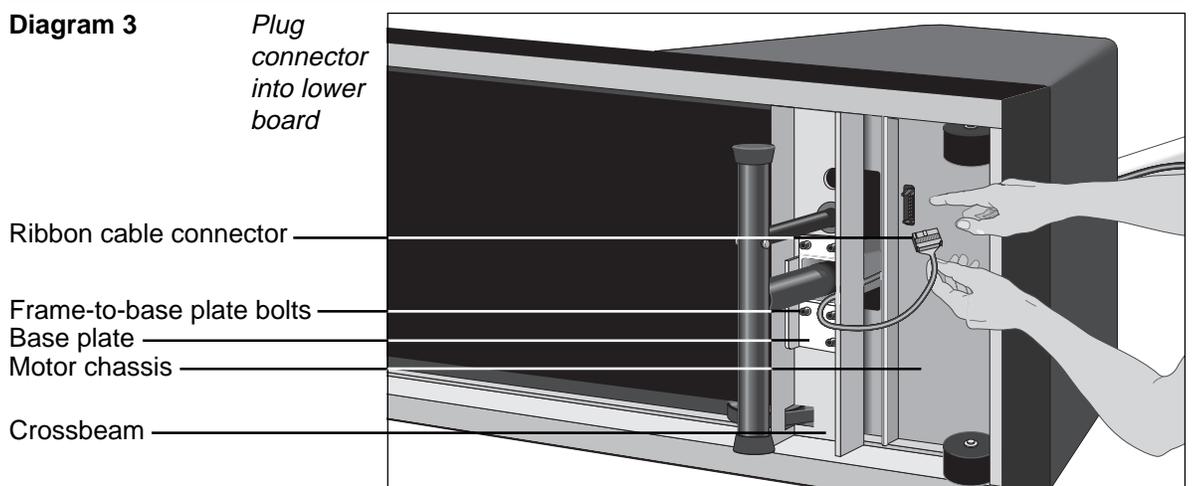
9. Route the ribbon cable as shown in Diagram 3, so that you have easy access to the receptacle on the motor chassis.

10. Align the tab on the ribbon cable connector with its counterpart located on the receptacle in the motor chassis. Plug the connector into the receptacle. See Diagram 3. The plastic flanges on the receptacle should clip onto the connector when you plug it in. Since the connector is designed to engage in one direction only, do not force the connector into the receptacle.

11. Have your assistants help you return the treadmill to an upright position, so that the base is flat on the floor.

Diagram 4   *Install
                  upper
                  handrail
                  clamp*

Handrail clamp ——————————

Lift column ——————————
Ribbon cable ——————————
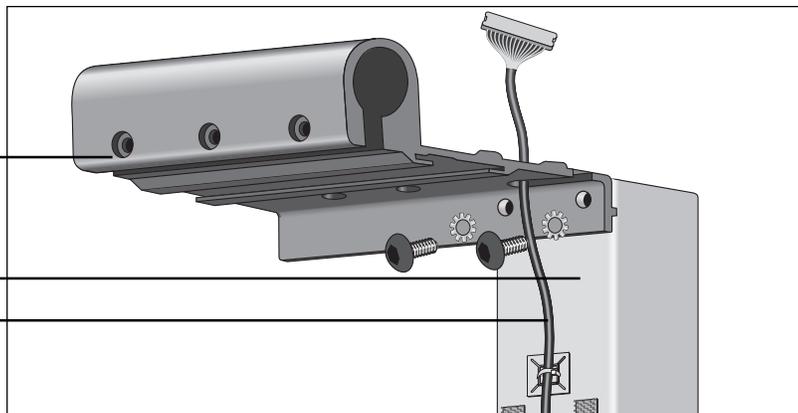
12. Place two external star washers (F) onto two of the upper handrail clamp
    bolts (B) and have your assistant help you place the handrail clamp into the
    groove on the lift column. Align the upper handrail clamp with the mounting
    holes on the lift column. See Diagram 4.

13. Insert the bolts (B) through the handrail clamp and into the lift column.
    Tighten the bolts securely with the hex key (H) provided.

14. Carefully route the ribbon cable through the slot on the left-hand side of the
    handrail clamp.

    Note: Right and left are determined while standing to the rear of the
    treadmill facing toward the hood.

15. If your hands are dirty, wash your hands before continuing to the next step.
    This will help keep the electronic console display clean.

Diagram 5   *Attach
                  cable to
                  display*

Connector ——————————
Plastic flange on receptacle ——————————
Ribbon cable ——————————
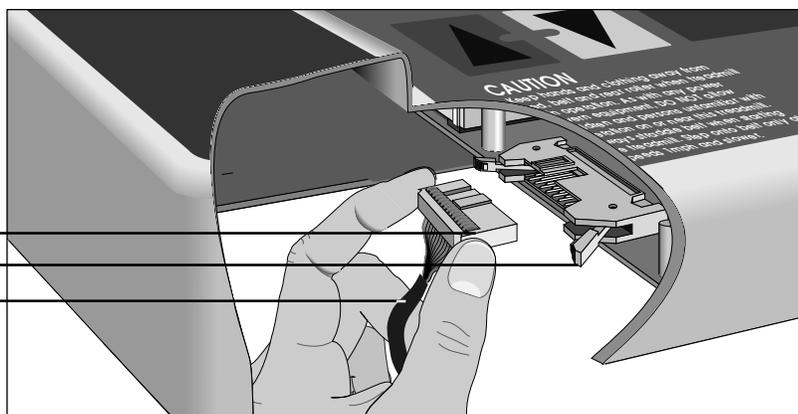
16. Hold the electronic console over the handrail clamp to attach the ribbon
    cable connector into its receptacle. Align the tab on the ribbon cable
    connector with its counterpart located on the receptacle and plug the
    connector into the receptacle using your fingers as shown in Diagram 5.
    The plastic flanges on the receptacle should clip onto the connector when
    you plug it in. If, at a later date, you need to disengage the connector, push
    the flanges off of the connector and use your fingers to pull the connector
    away from its receptacle. Note that the connector is designed to engage in
    one direction only. *Do not force the connection.*

Diagram 6 *Attach electronic console to handrail clamp*

Handrail clamp ———————

Electronic console ———————

Ribbon cable ———————

Lift column ———————
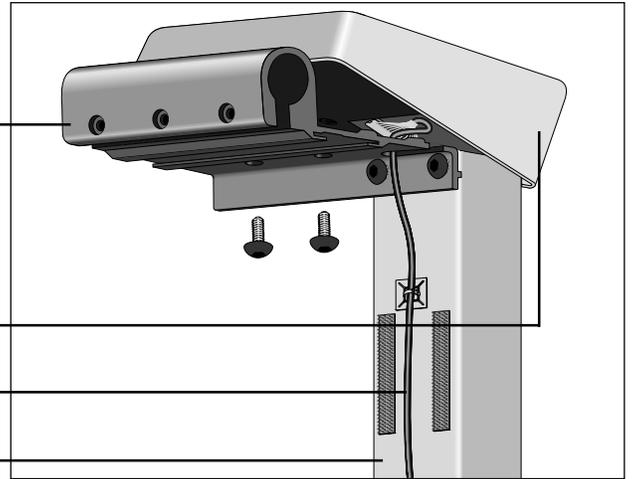
17. Align the electronic console mounting holes with the handrail clamp. Mount the electronic console onto the handrail clamp by placing the two external star washers (F) onto the two handrail clamp bolts (B). See Diagram 6. Insert the bolts through the base of the handrail clamp and into the electronic console. Tighten the bolts securely with the hex key (H) provided.

18. Carefully push the excess cable up inside the handrail clamp compartment. Check to be sure that the cable forms a smooth loop. If the cable is pinched or damaged by improper installation, it will not be covered by the limited warranty.

Diagram 7 *Install upper handrails*

Upper handrail clamp ———————

Trim strip ———————

Electronic console display ———————

Upper handrail ———————

Upper handrail clamp ———————

Cable tie & fastener ———————

Ribbon cable ———————
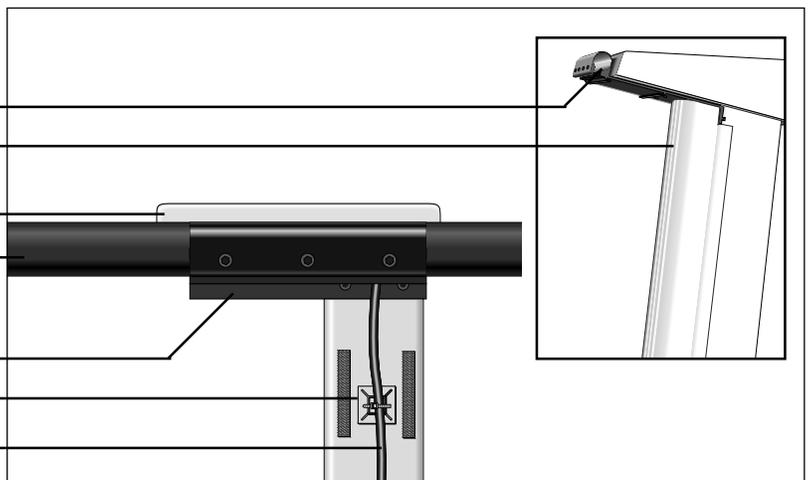
19. Insert the upper end of a handrail into the upper handrail clamp until the black foam wrap just touches the clamp as shown in Diagram 7. Repeat this step for the other handrail.

   Note: Look underneath the handrail clamp and make sure that the handrail ends meet in the middle of the clamp. Re-adjust the handrails, if necessary.

20. Insert the three upper handrail clamp screws (C) into the upper handrail clamp and finger-tighten. *Do not tighten the screws more than finger tight at this point.*

Diagram 8   *Attach lower handrails*

Handrail ————————————

Side rail ————————————

Lower handrail flange ————————————

Lower handrail clamp ————————————
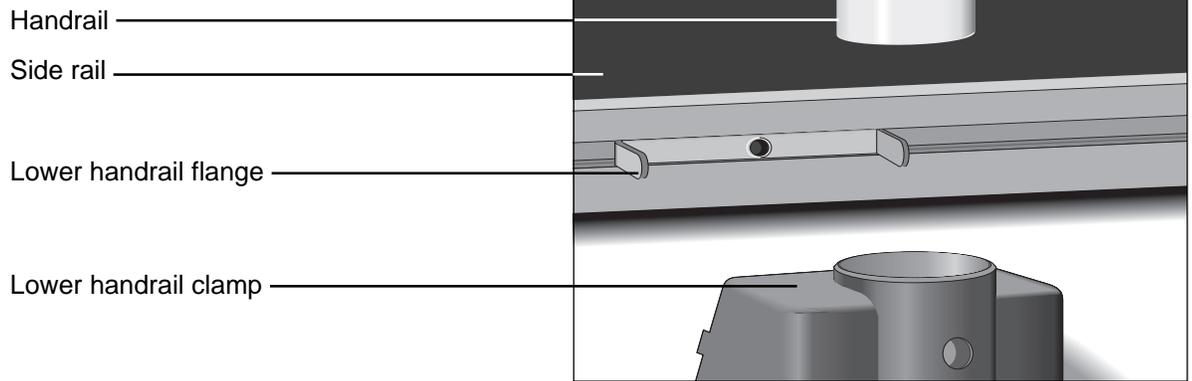
21. To mount the lower portion of the handrails, refer to Diagram 8 while taking the following steps:

    Note: Perform the following steps on one side of the treadmill before proceeding to the other side.

    a. Slide the lower handrail flange along its guide rail until it is aligned with the handrail mounting bolt hole. The flange should line up with the seam in the side rail label.

    b. Position the lower handrail clamp onto the flange, align the screw holes, and push the clamp into place.

    c. Place the lower portion of the handrail into the clamp. You may need to push the lower handrail clamp down along its track to securely seat the end of the tube into the clamp.

    d. Put an internal star washer (E) on the lower handrail clamp screw (D), align the screw holes, and finger-tighten the screw.

    e. To secure the handrail inside the clamp, use the hex key (H) provided. Do not overtighten the screw or damage may occur to the clamp.

        Note: After extensive use, vibrations from the treadmill may cause the clamp to loosen. You may need to periodically inspect the screws and, if necessary, tighten the handrail clamp screws using the hex key (H) provided.

    f. Proceed to the other side of the treadmill and follow steps a through e to complete the installation of the lower handrails.

22. Return to the upper handrail clamp, look underneath the clamp to be sure that the handrail ends meet in the middle of the clamp, re-adjust the handrails if necessary, and *tighten the screws securely using the hex key (H) provided.*

Diagram 9   *Attach trim strip*
                  to lift column

Notched end
of trim strip ──────────────────

Velcro strips ──────────────────

Trim strip ──────────────

Ribbon cable ──────────────

Lift column ──────────────
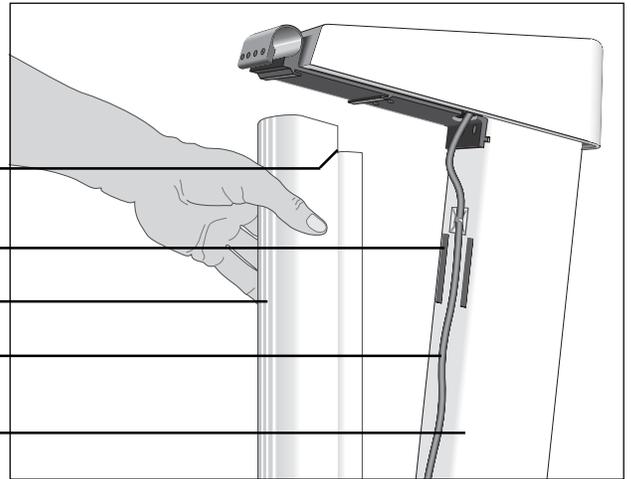
23. Attach the lift column trim by following these steps. While performing these steps, refer to Diagram 9 for further clarification.

    a.   Position the trim strip so that the notched end points up. See Diagram 9.

    b.   Insert the base of the trim through the opening in the hood.

    c.   Raise the trim until the notched end of the trim touches the underside of the upper handrail clamp. Be careful to maintain vertical alignment of the trim with the lift column.

    CAUTION: Make sure that the ribbon cable is situated in the trim's center slot before you take the next step. Cables crimped or pinched due to inaccurate assembly may not be covered by the limited warranty.

    d.   While maintaining alignment, attach the trim by pressing firmly against the lift column until the hook and loop pads fasten securely to each other.

24. If you need to move the treadmill, ask for assistance from one or more persons. Roll the treadmill on its front wheels to the new location by lifting the rear end of the unit.

    CAUTION: Do not remove the 3-prong plug or otherwise bypass it with an adapter in order to use a non-grounded outlet.

25. Plug the treadmill into a standard 120v household outlet. Make sure that no other appliances use the same circuit as the treadmill.

26. Continue on to *Checking the Alignment of the Running Belt* on the following page to complete the installation of the M9.20/s treadmill.

Checking the Alignment of the Running Belt

The belt is aligned at the factory before shipment. However, during shipment or by using the treadmill on an uneven surface, the belt might move off center. Proper belt alignment is important because it allows the belt to remain centered and assures smooth operation.

Follow these steps to check the alignment:

CAUTION: Do not walk on the running belt during this procedure.

1. On the electronic console, move the magnetic safety key to the ACTIVATE position. Locate the ON/OFF switch at the front of the treadmill and turn ON the treadmill.

2. Stand beside the treadmill and answer the standard start-up questions as instructed below:

    a. At the "**ENTER WEIGHT**" prompt, use the arrow keys to specify a weight and press the SCAN/ENTER key.

    b. At the "**SELECT COURSE**" prompt, use the arrow keys to select "**MANL**" (Manual) mode and press SCAN/ENTER.

3. Continue standing next to the treadmill and bring the running belt up to a speed of 2 miles per hour by pressing the SPEED ▲ key.

    CAUTION: If you hear or notice any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the STOP key.

4. Walk to the back of the treadmill and observe the belt as it moves (watch for a couple of minutes).

If the running belt,…	Then,...
tracks centered on the running surface	the belt is functioning correctly and no adjustment is necessary.
runs or drifts off center	you need to adjust the belt; see *Aligning the Running Belt* in Chapter 5.

   Important: If you notice that the belt needs alignment, make the adjustments at once. Failure to do so might cause the belt to tear or fray which is not covered by the limited warranty.

5. Press STOP to stop the running belt.

If the belt is functioning correctly, the M9.20/s treadmill is ready to use. If the belt needs alignment, refer to *Aligning the Running Belt* for instructions before using the treadmill.

3 Using the M9.20/s Low Impact Treadmill

As simple as using the M9.20/s treadmill might seem, you should read this section so that you can use it safely and effectively. This section provides the basic information you need for exercising on your treadmill, including the following:

- a brief description of the electronic console

- instructions for using the magnetic safety key

- instructions for pausing or ending your workout

- instructions for exercising on the treadmill

- information about using Interval, Weight Loss, and Program modes

- instructions for changing the display from U.S. Standard to Metric

- information regarding the preprogrammed courses on the M9.20s

Understanding the Electronic Console

The electronic console lets you control your M9.20 or M9.20s treadmill session. As you work out, the electronic display provides constant feedback about your progress. Information about distance covered, elapsed time, speed, calories burned, and degree of incline is available at any time. Diagram 10 shows an example of the M9.20s electronic console.

Diagram 10   *M9.20s electronic console display*
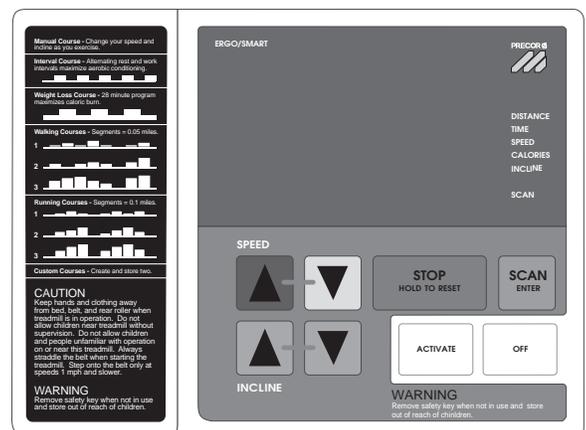
The indicator lights on the electronic console show you what information is being displayed. Information from five distinct fields as shown in Diagram 10 can appear: DISTANCE, TIME, SPEED, CALORIES, and INCLINE.

Note: The M9.20 electronic console is very similar to the M9.20s. The course label on the left of the console (in Diagram 10) does not appear on the M9.20 console.

When you are working out, if the display is set to "scan" two indicator lights appear to the left of the word SCAN on the display and remain stationary while you are in the SCAN mode. Another two indicator lights appear next to the field that is being displayed. The indicator lights move sequentially through each field every time a new field appears on the display.

DISTANCE	The distance you have travelled appears once you begin a workout. Distance can appear in miles or kilometers. If you bought your treadmill in the U.S., it is programmed at the factory to display the U.S. standard units of measure. If you wish to change the display, you can follow the instructions found in *Changing the Display to U.S. Standard or Metric* in this manual. The maximum distance you can travel in a single workout is 99.99 miles (161 km) before the odometer resets at 00.00 and begins over again.
TIME	During your workout, a time (00:00) display appears automatically and stops whenever you stop walking or running. As you work out, you will notice that the time starts at zero and counts up when you use manual, interval, or weight loss modes. Time appears in minutes and seconds until you reach 90 minutes (during a single workout), then it appears in hours and minutes.
SPEED	Once you begin a workout, the speed at which you are travelling appears in this display. Your speed can appear in miles per hour (.5 to 9 mph) or kilometers per hour (.8 to 14 kph). If you wish to change the display, you can follow the instructions found in *Changing the Display to U.S. Standard or Metric.*
CALORIES	When you enter your accurate weight, the number of calories you are burning appears in this display while you work out. At the end of your workout, the total calories burned is displayed.
INCLINE	The M9.20/s treadmill provides a range of inclines from 1% to 10%. You can change the incline and increase or decrease the level of your workout by pressing the INCLINE ▲▼ keys.

Keys on the Electronic Console

The keys on the electronic console let you change the speed and incline, stop or reset the treadmill and its displays, and set the SCAN mode or display a particular feature. Each key and its function is explained below:

|	
SPEED	Use the SPEED ▲▼ keys to change belt speed. Belt speed starts at .5 miles per hour (mph) and increases in .1 mph (.2 kilometers per hour) increments while you hold the ▲ key. The M9.20/s treadmill allows you to increase speed up to 9 mph (14 kph). When you decrease speed, belt speed decreases at a rate of .1 mph (.2 kph) while you hold the ▼ key.
	Anytime during your workout, you can view your speed in minutes per mile (or kilometer). In other words, you can see how many minutes it takes you to walk or jog a mile (or kilometer). To use this feature, simultaneously press both SPEED ▲▼ keys and the information will appear on the screen. When you release both keys, the speed display returns to the per hour measurement you originally set. See *Changing the Display to U.S. Standard or Metric.*

INCLINE	Use the INCLINE ▲▼ keys to change the running bed incline up to 10 %. Simply, press the appropriate arrow key until the desired percent of incline is displayed. You can change the incline anytime during a workout. When you change incline, note that the number shown on the display changes faster than the elevation motor can respond. Once you select an incline, there is a brief delay before the running belt reaches that elevation. **Important**: Whenever you change the incline, always use one hand to hold onto the handrail.
STOP	To pause during your workout or to end your workout, press the STOP key. The running belt gradually slows to a stop and the displays on the console show your workout statistics.
HOLD TO RESET	To return to the start-up prompt, press and hold the HOLD TO RESET key for a few seconds. Your workout statistics are added to the cumulative totals.
SCAN/ENTER	The SCAN/ENTER key has two functions which let you: • alternate between the displays every few seconds (SCAN) • select the specific workout information you want to display (ENTER) • address each prompt and "enter" the information into the treadmill's memory (ENTER). **SCAN** In general, the electronic console display is set to scan, so the different features (DISTANCE, TIME, SPEED, CALORIES, and INCLINE) alternately appear in sequence every few seconds. A pair of lights next to the word "SCAN" indicates that you are in SCAN mode. Another pair of lights on the display indicate which feature is currently displayed. **ENTER** To cause a specific feature, such as the SPEED, to continuously appear on the display, press the ENTER key until the two round indicator lights appear next to the word SPEED. To specify a weight, select a workout mode, or reset U.S. Standard or Metric configurations, you need to use the ENTER key.
ACTIVATE	If the magnetic safety key is not in the ACTIVATE position, you cannot turn ON the treadmill. If used properly, the magnetic safety key helps to protect you from injury during your workout. Attach the magnetic safety key to your clothing prior to stepping onto the running belt and beginning your workout. If you encounter a problem during your workout, simply pull on the safety key's cord to stop the running belt. When the magnetic safety key is removed from the ACTIVATE position, it trips the treadmill's circuit breaker, turns OFF the treadmill and gradually slows the running belt to a stop.
OFF	After completing your workout by pressing the STOP key, move the magnetic safety key to the OFF position. This turns OFF the treadmill. To prevent unauthorized use, remove the magnetic safety key and store it in a safe place.

Using the Magnetic Safety Key

The magnetic safety key lets you stop the treadmill's running belt. Use this key in an emergency or when you are finished exercising. Pulling the key off the console or moving it to the OFF position, has the same effect as turning OFF the treadmill using the ON/OFF switch. Once you remove the key from the ACTIVATE position, the running belt slows to a gradual stop.

Important: Always attach the magnetic safety key to your clothing before each workout. Use the clip provided on the end of the cord.

Diagram 11	*Magnetic safety key on the M9.20s console*	

Electronic console display

Magnetic key
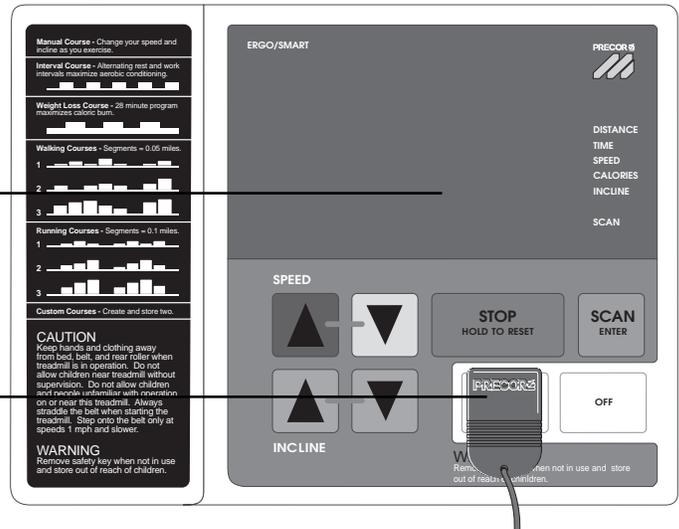
Before you can turn ON the treadmill, you must move the magnetic safety key to the ACTIVATE position on the electronic console. See Diagram 11. The treadmill's ON/OFF switch cannot be turned ON unless the safety key is in this position.

Pausing Your Workout

You can pause your workout at any time by pressing STOP. To continue your workout, use the SPEED ▲▼ keys to restore your speed.

Ending Your Workout

To end your workout, press STOP. This slows the treadmill's running belt to a gradual stop. The display then begins to scan and allows you to review the total time, distance, and caloric burn of your workout.

When using Interval Mode, you can cool down before ending your workout by changing to Manual Mode; simply press STOP twice in quick succession.

To reset the displays on your treadmill, press and hold the HOLD TO RESET key for several seconds. This clears all data from the display, and adds your workout statistics to the cumulative total.

Working Out on Your M9.20/s Treadmill

Before using your treadmill, we recommend that you follow these instructions and go through a preliminary demonstration of the treadmill. Then you will be familiar with the treadmill when you begin your workout.

When using the treadmill, follow these general guidelines:

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, which is shown in Diagram 14 on page 29.

- After your workout, walk slowly for several minutes to cool down your body and lower your pulse rate.

- Using the clip provided, attach the magnetic safety key to your clothing before each workout. Then, if you encounter difficulties or want to end your workout, you can easily stop the running belt by pulling on the cord.

- Gently stretch your lower body and back before and after a workout to help prevent stiffness or soreness.

Photo 1   *Working out on the M9.20/s*
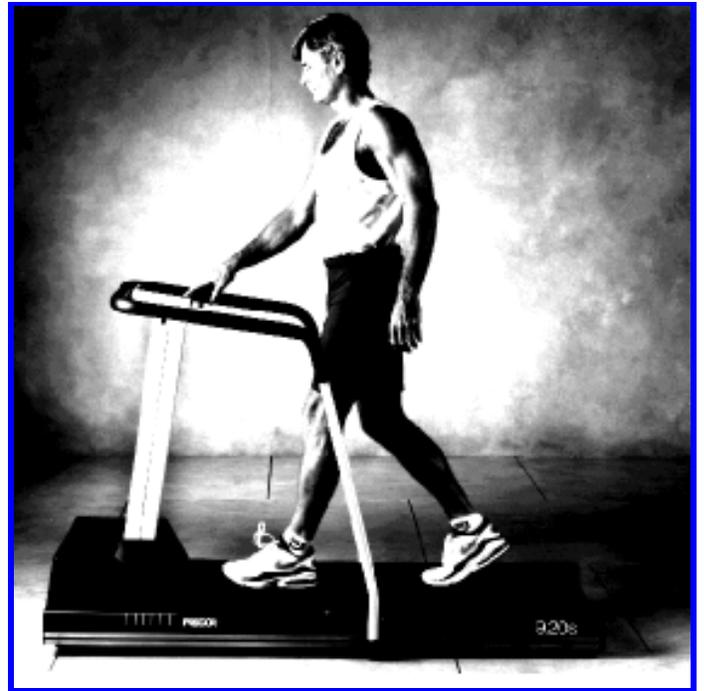
To use the treadmill, follow these instructions.

CAUTION: If this is the first time you have operated this treadmill, DO NOT STAND on the running belt until you become familiar with M9.20/s operation.

1. On the electronic console, place the magnetic safety key in the ACTIVATE position. Walk to the front of the treadmill and turn ON the treadmill using the ON/OFF switch. The treadmill's ON/OFF switch will not turn ON unless the safety key is in the ACTIVATE position.

2. Straddle the running belt with your feet firmly planted on the right and left side platforms. Stand close enough to the electronic console so you can extend your arms and touch the keypad.

3. Using the clip provided, securely attach the magnetic safety key to your exercise clothing at your waistline where it will not interfere with your workout.

4. When you see "**ENTER WEIGHT**" scroll across the display, specify your weight using the ▲▼ keys. When the correct weight is displayed, press the ENTER key.

   The number on the display moves in 5-pound (2 kg) increments up or down, depending on the arrow key pressed. You must specify this information so the treadmill can provide accurate feedback about calories burned during a workout.

   Once your weight is specified, you may not need to enter it again. The treadmill automatically remembers the last weight entered. At your next workout, simply press ENTER at the "**ENTER WEIGHT**" prompt. (If another person has used the machine and changed the weight, you will need to re-enter your weight as described in this step.)

5. At the "**SELECT COURSE**" prompt, choose your workout mode, either Manual (MANL), Interval (INTV), Weight Loss (WT.LS.), or one of the M9.20s preprogrammed courses. Press the ▲▼ keys until you see the desired mode or course number appear on the display, then press ENTER. For more information about the different modes, read the following pages.

   Once you specify the mode, the treadmill automatically remembers it. If no one else uses the treadmill or makes any changes before your next workout, you can simply press ENTER at the "**SELECT COURSE**" prompt and activate the same mode.

   Important: If you choose the INTV mode, refer to *Changing the Interval Course Profile* before continuing on to the next steps.

6. Hold onto the handrail with one hand and press the SPEED ▲ key with the other hand. Step onto the running belt while it is at or below 1 mph. Once you are comfortable with the walking or running speed, you may remove your hands from the handrail.

   Note: To pause during your workout session, press the STOP key. The displays on the console stop updating. See *Pausing Your Workout* or *Ending Your Workout* for more information. Remember to hold onto the handrail when using the electronic console and when slowing down or stopping the running belt.

7. When you are finished exercising, hold onto the handrail and press STOP. The treadmill's running belt slows to a stop. You can then review your workout results as the display scans through DISTANCE, TIME, and CALORIES.

   Note: Always allow yourself a cool-down period of a few minutes before bringing the running belt to a complete stop.

8. If desired, after reviewing the displays, reset them to zero by pressing and holding HOLD TO RESET for several seconds.

9. Detach the magnetic safety key cord from your clothing and place the safety key in the OFF position on the electronic console. Placing the safety key in the OFF position trips the circuit breaker and turns OFF the treadmill. To prevent unauthorized use, remove the safety key from the treadmill and store it in a safe place.

Using the Manual Course Mode

Manual mode lets you use the treadmill for an indefinite period of time while controlling the speed and incline of your workout. All of your workout statistics are compiled and displayed on the electronic console.

To use the manual mode, follow the steps in *Working Out on Your M9.20/s Treadmill*. At the "**SELECT COURSE**" prompt, choose "**MANL**" and press ENTER.

Changing the Interval Course Profile

Interval training provides numerous benefits. Since interval training segments the workout into smaller components, a 20- or 30-minute workout seems to pass more quickly. In addition, studies have shown that it is a more efficient method for achieving aerobic benefits—you start seeing improved cardio-vascular fitness much sooner with less effort. Studies also show that people who interval train are more likely to stick with their fitness program.

The interval course on the M9.20/s treadmill lets you set the course intervals according to your training regimen. It alternates between 60 seconds of "Rest" and 60 seconds of "Work." During the Rest interval, you can walk or jog slowly; during the Work interval, you can stride quickly or run. You set the speed for the first rest and work interval and the software takes over from there, repeating the intervals throughout the course until you press the STOP key.

At any point during the workout, you can change the speed of the current interval. For example, if 8 mph is a little faster than you prefer during a Work interval, simply use the SPEED ▼ key to reduce speed. The software remembers the new speed for the next Work interval.

To help you monitor your workout, you can set the treadmill's electronic display to SCAN. This mode displays a sequential readout on DISTANCE, TIME, SPEED, CALORIES, and INCLINE.

Note: If you pause your workout during an Interval mode, you must reset the speed of the mode you were in when you paused your workout. For example, if you paused your workout during the Rest interval, you must reset the speed for that interval. In this example, you would not need to reset the speed for the Work interval since it is stilled stored in memory.

Below are some suggestions that may help you incorporate the Interval mode into your workout:

- If you are starting an exercise program, the Interval mode option can help you increase your workload gradually. For example, in the beginning, you may simply want to specify the same speed for both Work and Rest intervals. Then, to increase your effort level, change to a higher speed for your Work interval.

- If you are training with the goal of maintaining a constant pace when on level ground or grade, specify the same speed for both Work and Rest intervals. Then, gradually increase the incline during the Work interval until you can maintain a constant pace.

To use the interval course, follow the steps in *Working Out on Your M9.20/s Treadmill.* At the "**SELECT COURSE**" prompt, use the ▲▼ keys to display "**INTV**," and press ENTER.

To set the interval for the course, take the following steps:

1. When you see "**ENTER REST SPEED & INCLINE**" scroll across the display, stand on the running belt with one hand on the handrail, prepared to start walking. With your other hand, press the SPEED ▲ key until you reach a comfortable rest speed, either running or walking. Press the INCLINE ▲ or ▼ key to specify an appropriate incline. When the desired speed and incline are displayed, simply continue working out—you do not need to press ENTER.

   Once you reach your desired rest speed and incline, the treadmill returns to it at the beginning of each rest interval, until you change the speed or incline, or end your workout.

2. When "**ENTER WORK SPEED & INCLINE**" scrolls across the display, specify your work speed (up to 9 mph). With one hand on the handrail, use the other hand to press the SPEED ▲▼ keys until the desired work speed is shown. Use the INCLINE ▲ or ▼ key to set the incline. When you are comfortable with the rest and work speeds and inclines, you can let go of the handrail.

Each rest and work interval lasts 60 seconds. The display automatically counts down to the next interval. When the count reaches 30 seconds, the display changes and gives information about distance travelled, time elapsed, speed, calories burned, and percent of incline.

When the treadmill changes intervals, it informs you by scrolling "**GOING TO REST SPEED**" or "**GOING TO WORK SPEED**" across the display.

Using the interval course mode, you can cool down before ending your workout by pressing STOP twice in quick succession. The treadmill enters Manual Mode, letting you specify the speed of your cool-down period.

Using the Weight Loss Mode

The Precor Weight Loss mode program incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research.

The Weight Loss mode is similar to the interval course program on your M9.20/s treadmill. The Weight Loss mode program provides a 28-minute workout with inclines preset to a minimum level for the 4-minute rest interval and a maximum level for the 4-minute work interval.

You can adjust the incline during any interval segment. However, *changing the incline will reduce the effectiveness of your weight loss program*. Any time you adjust the incline, the software returns to the default incline of minimum or maximum at the beginning of the next rest or work interval. The treadmill alerts you of upcoming incline or interval changes by scrolling messages across the display.

The Weight Loss mode is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. Performed three or four times a week, the weight loss mode will help you reach your ideal weight and fitness level quickly and efficiently.

CAUTION: Before beginning any fitness program, you should have a complete physical examination from your personal physician.

To use the Weight Loss mode, follow the steps found in the section titled *Working Out on Your M9.20/s Treadmill.* When the electronic console display prompts you to select a mode, use the ▲▼ keys to select "**WT. LS.**" and then, press ENTER.

Note: Be sure to enter your correct weight at the weight prompt. Deviating from your actual weight reduces the effectiveness of the weight loss program.

Table 1   *Perceived Level of Fitness*

Speed calculated in MPH

Speed in miles per hour	Low	Medium Low	Medium	Medium High	High
5					
4					4.5
3				3.6	
2			3.1		
1		2.2			
0	1.3				

Table 2

Speed calculated in KPH

Perceived Level of Fitness
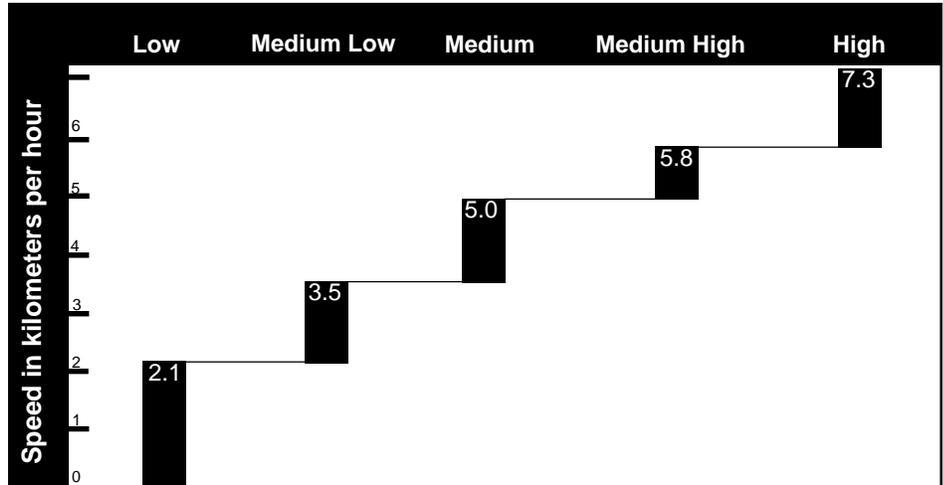
Set the speed of the treadmill based on your perceived level of fitness (low, medium, or high—see Table 1 or Table 2). The incline is preset to accommodate your level of fitness.

CAUTION: If you are unsure about your level of fitness, start at the low speed. Do not increase your speed beyond 1.3 mph or 2.1 kph. Remember, always consult your physician before beginning any new exercise routine.

If you wish to continue the weight loss program at the end of the 28-minute period, press the SPEED ▲. The speed remains constant, but the incline gradually increases to 10% and the preset 4-minute rest and work intervals continue to repeat until you press the STOP key. If you want to adjust the speed, press the SPEED ▲ or ▼ key until the desired speed appears in the display.

Always monitor your pulse (heart rate) during and at the end of your workout. It should never exceed 80% of your maximum heart rate or go above your training zone. Refer to Diagram 14 in *Getting the Most Out of Your Workout* for your appropriate training zone.

Changing the Display to U.S. Standard or Metric

The M9.20/s treadmill can display speed in either miles per hour (mph) or kilometers per hour (kph). When the M9.20/s is shipped from the factory, it is set to display to U.S. Standard units of measure. You can easily change these settings by taking the following steps:

Note: The M9.20/s treadmill will retain your selection even when it is turned OFF and unplugged. You can change your selection at any time, simply by repeating the following steps.

1. Place the magnetic safety key in the ACTIVATE position on the electronic console. Walk to the front of the treadmill and turn the power switch ON. (The magnetic safety key must be placed in the ACTIVATE position before you can turn ON the treadmill.)

2. Straddle the running belt with your feet firmly planted on the right and left side platforms. (Stand close enough to the electronic console, so that you can extend your arm and touch the keypad.) Use the clip on the magnetic safety key and attach it to your clothing at your waistline.

3. At the "**ENTER WEIGHT**" prompt, simultaneously press and hold the SPEED ▲ key and the SCAN key. The prompt, "**PRESS ▲ FOR MPH OR ▼ FOR KPH**" appears on the display. Release both keys.

4. Use the appropriate SPEED ▲ or ▼ key to indicate your selection.

You can continue your workout by following the appropriate steps below in *Selecting the Time or Distance Prompt* or turn OFF the treadmill by moving the magnetic safety key to the OFF position.

Selecting the Time or Distance Prompt

When using a preprogrammed course, you can measure your workout by distance or time. You see the "**SELECT DISTANCE**" or "**SELECT TIME**" prompt after you enter a course selection. The default measurement is distance.

To change the prompt, follow the steps above in *Changing the Display to U.S. Standard or Metric*.

1. After step 4 above, two messages scroll across the display: one confirms your mph or kph selection and the other states, "**PUSH ▲ FOR DISTANCE ▼ FOR TIME OR 'STOP' FOR ASK.**" Press the appropriate key after answering one of the following if/then scenarios:

If you want,...	Then,...
your workout measured by distance	press the ▲ key
your workout measured by time	press the ▼ key
the option of selecting time or distance prior to each workout	press STOP

    After you press an arrow key, a message scrolls across the display confirming your selection.

2. Continue with your workout or turn OFF the treadmill by removing the magnetic safety key from the ACTIVATE position on the electronic console. If you turn OFF the treadmill, be sure to store the safety key in a safe place to prevent unauthorized use.

Using a Preprogrammed Course on the M9.20s

To use a preprogrammed course, follow the instructions below. Remember, when you use the electronic console, hold onto the handrail to maintain your balance. You should also use the handrail whenever you speed up, slow down, or stop the treadmill.

CAUTION: If this is the first time you have operated this treadmill, DO NOT STAND on the running belt until you become familiar with M9.20s operations. Be sure to read and follow the general guidelines found in *Working Out on Your M9.20/s Treadmill* **prior to using the treadmill.**

1. On the electronic console, move the magnetic safety key to the ACTIVATE position (shown in Diagram 11, page 15). Walk to the front of the treadmill and turn ON the treadmill using the ON/OFF switch. The treadmill switch will not turn ON unless the safety key is seated securely in the ACTIVATE position.

2. Straddle the running belt with your feet firmly planted on the right and left side platforms. Stand close enough to the electronic console so that you can extend your arms and activate the keys.

3. Using the clip provided, securely attach the magnetic safety key to your clothing at your waistline, where it will not interfere with your workout.

4. When you see "**ENTER WEIGHT**" scroll across the display, specify your weight using any ▲ ▼ key. When the correct weight is displayed, press ENTER. This information allows the M9.20s to calculate how many calories you use during your workout.

   The number on the display moves in 5-pound increments up or down, depending on the arrow key pressed. Use ▲ to increase and ▼ to decrease the weight displayed.

   Once your weight is specified, you may not need to enter it again. The treadmill automatically remembers the last weight entered (unless the treadmill is turned OFF). At your next workout, you restore your weight from the treadmill's memory by simply pressing ENTER at the "**ENTER WEIGHT**" prompt. However, if someone else has used the treadmill and made changes prior to your workout, you will need to re-enter your weight.

   Note: The prompt "**PRESS ENTER TO BEGIN**" appears after a few seconds if you have not chosen a course and pressed ENTER. This prompt continues to scroll across the display every few seconds until you press ENTER.

   CAUTION: Before beginning any fitness program, you should have a complete physical examination by your physician. If you are unsure about your level of fitness, consult your physician. Always start your workout at the low or "easy" level and work to increase your level of fitness before performing moderate or advanced workout routines.

Diagram 12 *M9.20s course profiles*

Manual Course

Change your speed and incline as you exercise.

**Interval Course**

Alternating one minute rest and work intervals.

Weight Loss Course

28 minute program. Maximizes calorie and fat burn.

Walking Courses

Each segment equals 0.05 miles.

Running Courses

Each segment equals 0.1 miles.
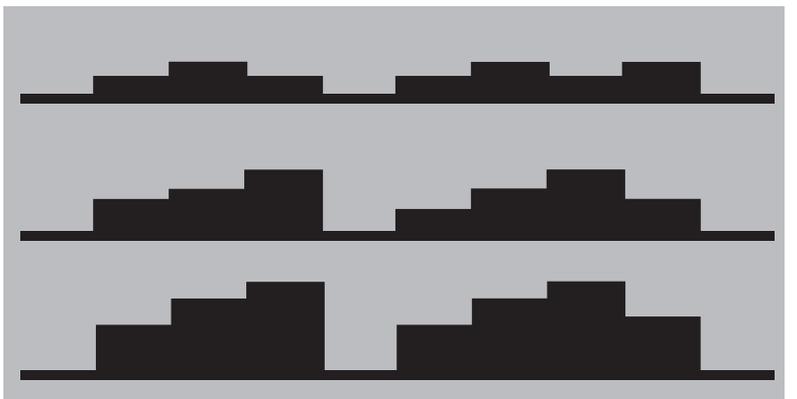
Custom Courses

Create and store two of your own courses.

5. At the "**SELECT COURSE**" prompt, choose your workout course using the ▲▼ keys: either WALK, RUN, CUST. 1, CUST. 2, MAN'L, INTV, WT.LS. and then press ENTER. The course you choose takes you through a set series of incline intervals, with inclines varying according to the level of the course.

    If you choose WALK or RUN a prompt appears asking that you select a level: (EASY, MODerate, or ADVanced). It is always recommended that you start a workout at the EASY level.

Diagram 12 on the previous page provides an illustration of the available preprogrammed courses. The courses combine .5-mile segments with a set series of inclines. The percent of incline and the frequency with which inclines are encountered indicate the difficulty of the course. For example, WALK EASY takes the user through inclines ranging from 0 to 3 percent grade, while RUN ADV uses inclines in the minimum to maximum range on a more frequent basis. The software simply repeats the .5-mile segments until the distance or time limit you set is reached, or you press the STOP key.

Note: If you do not press ENTER to select a course, after 10 seconds the prompt "**PRESS ENTER TO BEGIN**" appears. This prompt continues to scroll across the display every few seconds until ENTER is pressed.

6. At the "**SELECT MILES (kilometers)**" prompt, specify the length of your course. Press the arrow keys to choose distance; the display moves in .5 increments, from .5 to 50 miles (.8 to 80 kilometers). Press ENTER when the desired distance appears.

    Note: You can change the "**SELECT TIME**" prompt to "**SELECT DISTANCE**" if you prefer to measure your workout by distance. Follow the procedure in *Selecting the Time or Distance Prompt.*

    If you see "**SELECT TIME**" scroll across the display, specify the length of your workout. Press the ▲ or ▼ key to choose time; the display moves in 1-minute increments, from 5 to 50 minutes. Press ENTER when the desired time appears.

7. Stand on the running belt with one hand on the handrail, prepared to start walking. With your other hand, press the SPEED ▲ until you reach your desired speed.

    The course will continue until the specified distance or time is reached, or until the STOP key is pressed. Any time during your workout, you can change your speed. However, since the incline is pre-set, the incline keys are disabled.

8. When you are finished working out or you have come to the end of the course, hold onto the handrail and press STOP. The treadmill will come to a safe stop. Be sure to remove the magnetic safety key from your clothing and return it to the OFF position on the electronic console. To prevent unauthorized use, remove the safety key and store it in a safe place.

    Note: If desired, you can cool down before ending your workout by pressing STOP twice in quick succession. The treadmill will stop and enter the Manual mode, allowing you to specify the speed and incline of your cool-down period.

Creating Custom Courses on the M9.20s

You can program the M9.20s and create your own course profiles using the two custom courses ("**CUST. 1**" and "**CUST. 2**"). Programming a custom course is easy. You just create the custom courses as you work out by determining the speed and incline for each 0.1 mile segment along the 8-mile maximum course length. Speed and incline settings are saved once every .1 of a mile which equals 10 dots on the display. Once you complete your workout, the course is stored in memory and can be automatically recalled using the same program number.

To create a custom course, take the following steps:

1. Straddle the running belt and hold onto the handrail with one hand. Use your other hand to press the keys on the electronic console.

2. When you see "**PRESS ENTER TO BEGIN**" scroll across the display, specify your weight using the arrow keys. When the correct weight is displayed, press ENTER.

3. At the "**SELECT COURSE**" prompt, choose your custom course: either "**CUST. 1**" or "**CUST. 2.**" Press the ▲ or ▼ keys until you see the desired course, then press ENTER.

    Note: After pressing ENTER, a prompt scrolls across the display warning you that the custom course contains set speed and inclines. You are not to use the course if you are not familiar with it. The following instructions (5 through 9) assume that you are programming a new custom course. However, if you want to use the existing custom course, press SPEED ▲ to begin.

    Important: After pressing ENTER, clear an existing custom course profile by simultaneously pressing both the INCLINE ▲▼ keys for at least 3 seconds. The course profile reverts to a blinking line at 0% incline. Be cautious about performing this procedure. Once you clear an existing course profile, you cannot retrieve it.

4. Hold onto the handrail and press the SPEED ▲ key. Step onto the running belt while the speed is at or below 1 mph and begin walking. Use the INCLINE ▲▼ keys to change the course profile as you walk. The first time the custom courses appear, the profile appears flat (0 % incline) until you change it.

5. As you move through the course, you can continue to change the course profile by using the SPEED and INCLINE ▲▼ keys on the segment that is blinking. You cannot "go back" to a segment once you move beyond it. However, you can pause by pressing STOP. The following prompts appear and scroll across the display:

- "**PRESS "ENTER" TO SAVE or A SPEED KEY TO CONTINUE**"— pressing ENTER saves the course profile up to the point (mile or kilometer) where you stopped and resets any previously saved program course.

   Note: You must program at least .10 mile (10 dots on the display) before your new course can be saved otherwise the software reverts back to the existing course the next time you work out in custom course mode. If an existing course profile extended beyond the segment where you stopped, it will be discarded.

- "**PRESS SPEED-UP TO CONTINUE**"—pressing the SPEED ▲ key starts the running belt and allows you to continue from where you left off. Be sure to hold onto the handrail before pressing SPEED ▲.

6. If you attempt to program the course profile past the maximum distance of 8 miles, the prompt, "**END COURSE**" appears and scrolls across the display. The running belt slows to a gradual stop, the incline returns to 0%, and the prompts appear requesting that you save your changes.

7. Save your changes by pressing ENTER. Once you save your custom course, you can work out and use the same course over and over by entering the associated custom course number. The M9.20s can store two custom courses.

Deleting Custom Courses on the M9.20s

An existing custom course can be deleted by pressing both INCLINE ▲▼ keys when the custom course profile appears on the display.

Take the following steps to delete a custom course:

1. After answering the start-up prompts and choosing your custom course, a "CAUTION" message scrolls across the screen indicating that an existing custom course exists.

   CAUTION: Once you press the INCLINE ▲▼ **keys to reset the course profile, you cannot retrieve the old custom course.**

2. When the course profile appears on the display, press both INCLINE ▲▼ keys and hold for at least 3 seconds.

3. A message appears indicating that the custom course profile has been reset (0% incline and 0 speed).

4

Getting the Most Out of Your Workout

A workout on the M9.20/s Low Impact Treadmill provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 13 indicate the muscles improved.


Diagram 13   *Muscles improved*

1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. Erector Spinae
11. Gluteals
12. Hip Flexors
13. Quadriceps
14. Hamstrings
15. Gastrocnemius/Soleus
16. Peroneus Longus/Brevis

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books and audio/video tapes on these subjects.

To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should work out, how long each session should be, and how often you need to exercise to benefit from a regular program.

Diagram 14   *Training zones*

HEART RATE TRAINING ZONE
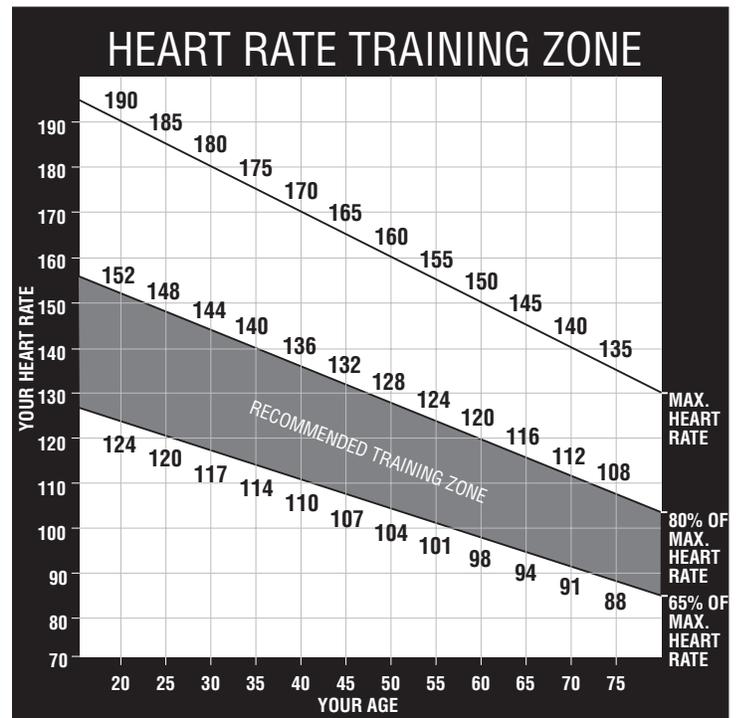
How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the "training zone." Your training zone depends on your age and level of fitness.

Diagram 14 shows your recommended heart rate training zone, which is calculated using your age and your maximum attainable heart rate. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

Pushing yourself beyond the recommended range, (that is, exercising so hard that your heart rate rises above 80% of maximum) can overstress your muscles. To increase cardiovascular improvement, exercise *longer*, not harder.

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training zone is between 114 and 140 beats per minute. Remember this zone—this is the heart rate zone you should try to maintain as you work out.

If you do not have an accurate heart rate monitor, you can determine your heart rate by taking your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—**not your thumb**. Your thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 14. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing belt speed and incline. **Remember—your heart rate is the definitive measure of how hard you are working.**

Regardless of your fitness level, avoid doing too much too soon. Running or walking too fast or choosing too high of an incline are common errors. Give yourself time to become familiar with your treadmill and to improve your fitness level. Then you can gradually increase speed and incline to make your work-outs more challenging.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually bring their sessions up to 20 minutes or more.

How Often Should I Exercise?

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to long-term weight loss.

5

Maintaining the M9.20/s Low Impact Treadmill

The M9.20/s Low Impact Treadmill requires little maintenance to keep it running smoothly and efficiently. However, the customer is responsible for the typical maintenance tasks such as, cleaning the treadmill and adjusting the running belt. If you fail to maintain the treadmill as described below, it could affect or void the limited warranty.

CAUTION: Turn OFF the treadmill and disconnect the power cable before performing most maintenance tasks.

Cleaning the Treadmill

Your Precor treadmill relies on low friction for efficient operation. To keep the friction low, the treadmill must be as clean as possible.

Before a workout, use a damp, soft, clean cloth to clean the side platforms and running bed, (refer to Diagram 15 to view the different parts of the treadmill). This removes any dirt or dust that might affect the smooth operation of the treadmill.

Vacuum the floor underneath the unit every week to prevent the accumulation of dust and dirt on the running belt.

Periodically clean the treadmill's frame, electronic console, and running belt using a damp cloth soaked in a solution of mild soap and water. To clean the running belt and the groves on the plastic trim strip, use a soft nylon scrub brush. Never pour water or spray liquids on the electronic console. Allow the treadmill to dry completely before using.

Aligning the Running Belt

Before aligning the running belt, check its operation by following the procedure in *Checking the Alignment of the Running Belt*. If you determine that the belt needs alignment, follow the instructions here.

Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call your authorized Precor dealer for service (see *Obtaining Service*).

CAUTION: Special care must be taken when aligning the running belt. Turn OFF the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers or any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

Take the following steps to adjust the running belt on the M9.20/s treadmill. To ensure your safety, make all adjustments while the treadmill is OFF.

1. Make sure the treadmill is OFF and the running belt has completely stopped.

Diagram 15   *Alignment of the running belt*

Side platform ——————————————————————
Running bed ———————————————————
Rear roller ——————————————————
Belt adjustment bolt ——————————————

Running belt ——————————————
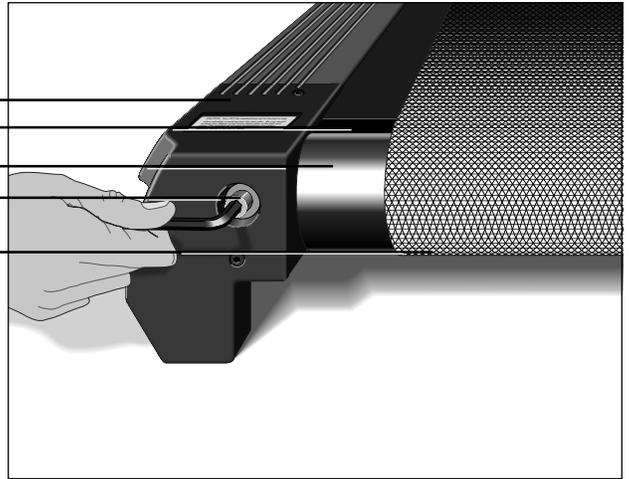
2. Locate the left belt adjustment bolt at the rear of the treadmill as shown in Diagram 15. The direction you turn the bolt depends on how the belt is tracking. Make all belt adjustments on the left rear corner bolt using the hex key (J) provided.

    • If the belt is off center to the LEFT, turn the adjusting bolt 1/4 turn clockwise, which moves the running belt to the right.

    • If the belt tracks off center to the RIGHT, turn the bolt 1/4 turn *counterclockwise*; this moves the belt to the left.

    Important: Do not turn the adjusting bolt more than 1/4 turn at a time. *Overtightening the bolt can damage the treadmill.*

3. Turn ON the treadmill, answer the start-up prompts, and then increase the running belt speed to 2 miles per hour by pressing the SPEED ▲ key.

    CAUTION: If you hear a chafing sound or the belt begins to tear or fray, stop the running belt immediately by pressing the STOP key or pulling the magnetic safety key off of the ACTIVATE position. Contact your Precor service representative.

4. Observe the running belt for a couple of minutes. The belt should track centered on the running bed.

5. Press STOP to stop the running belt.

6. If the belt needs additional alignment, repeat steps 1 through 5 of this procedure until the belt is properly aligned.

Adjusting the Tension of the Belt

Proper belt tension is important for a smooth, steady run. If your physical condition permits, test the belt tension by jogging at 6 mph. If the belt tension is too loose, you will feel a pause in the belt with each footplant (step).

To adjust the running belt tension, take the following steps:

1. Make sure that the treadmill is OFF. If the treadmill is ON, switch it to OFF. Wait for the running belt to come to a complete stop.

2. Standing behind the treadmill use the rear belt adjustment bolts (refer to Diagram 15 on the previous page). Simply turn each bolt *clockwise* 1/4 turn to adjust the tension of the belt.

3. Turn ON the treadmill, answer the start-up prompts, then increase the speed of the running belt to 6 miles per hour by pressing the SPEED ▲ key.

4. Jog on the running belt for 1 minute or more. If you feel a pause in the belt with each footplant (step), you need to continue to adjust the belt tension.

5. Press STOP to stop the running belt.

6. Continue with steps 1 through 5 until the belt tension has been properly adjusted and you no longer feel the pause in the belt with each footplant.

    Important: Do not turn the adjusting bolts more than 1/4 turn at a time. Overtightening the bolts can damage or cause premature failure of the precision bearings in the front and rear rollers.

Obtaining Service

Do not attempt to service the M9.20 or M9.20s Low Impact Treadmills yourself except for minor belt adjustments and maintenance as described in this manual. The M9.20 and M9.20s treadmills do not contain any user-serviceable parts.

For information about product operation or service, contact an authorized Precor dealer or a Precor Factory Authorized Service Company. To locate the dealer or servicer nearest you, call 1-800-4-PRECOR.

To help the customer service representative expedite your call, have your serial number available.

The serial number on the M9.20 or M9.20s treadmill is written on a label located underneath the treadmill at the left, rear corner of the running bed frame. If you haven't already written the serial number in the space provided below during the assembly process, you will need to get on your knees and bend down to see it.

Model number: _____   Serial number: _____

If you have any questions regarding the treadmill, use the model and serial numbers whenever you call your Precor dealer or servicer.